

My Planned Care Patient Information

The COVID-19 pandemic has had a significant impact on the NHS, and as such patients are having to wait longer than is normal.

This document provides you with information to help you stay healthy while waiting to attend hospital and should be read in conjunction with the specialty level guidance appropriate for your condition, which should have been provided to you.

Take Your Medication

If you take regular medication, please follow the instructions you were given when it was prescribed to ensure that you stay well. Your doctor or pharmacist will be happy to answer any questions you have about your medication.

Keeping well while you wait

In the time before your treatment, you can take simple steps to improve your physical and mental health. This will reduce your risk of complications and improve your wellbeing now and during your recovery.

It's important to:

- Follow any specific advice you've received about how to prepare for your procedure or operation.
- Stop smoking – the South Yorkshire and Bassetlaw QUIT programme can help with this <https://sybics-quit.co.uk/>
- Keep taking your prescribed medicines unless you've been told not to by your GP or hospital clinician.
- Eat well and get to or keep a healthy weight.
- Exercise and keep active, unless you have been told not to.
- Control your blood pressure.
- Control your blood sugar levels, especially if you have or are at risk of diabetes.
- Avoid drinking more than the recommended 14 units of alcohol per week.
- Get support for your mental health if you need it.

The NHS has information about exercise, healthy weight, sleep, eating well, alcohol, sexual health and mental health. You can also get advice and support from a GP, or the hospital team caring for you.

If your health gets worse

If you haven't had your first appointment with the department at the hospital, please contact a GP.

If you're already receiving care from a clinical team at the hospital, let them know.

Out of hours, you should call NHS 111. In an emergency, call 999 or go to your nearest emergency department. The NHS website has a guide to conditions, symptoms and treatments, including what to do and when to get help.

Contact us

If you need to contact a specific department please use the direct phone numbers available on our website www.dbth.nhs.uk. Our general switchboard number is **01302 366666**.